



What shall we eat today?



September 2026 - VEGETARIAN MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
Parrillada de calabacín Albóndigas Pasta al olivo Yogurt Agua	1 Loaded fries Plant-based protein Picogallo Fresh fruit Water	2 Criollo salad Plant-based protein Rice and beans Fresh fruit Water	3 Plant-based protein Toasted potatoes Picogallo Fresh fruit Water	4 Clalupa Plant-based protein Vegetable salad Fresh fruit Water
7 Plant-based protein White rice Steamed vegetables Fresh fruit Water	8 Aztec Soup Plant-based protein Toasted Tortilla Fresh Fruit Water	9 Hot dog French fries Cabbage salad Fresh fruit Water	10 Beef burger Vegetable salad Country potatoes Fresh fruit Water	11 Plant-based protein Potato salad Steamed vegetables Yogurt Water
14 Pico de gallo Steamed rice / beans Plant-based protein Fresh fruit Water	15 Holiday	16 Rice with peas Meatball stew Salad Fresh fruit Water	17 Penne al burro Plant-based protein Caesar salad Fresh fruit Water	18 Plant-based protein Basil and strawberry salad Mashed potatoes Fresh fruit Water
21 Plant-based protein Coleslaw Rice with corn Fresh fruit Water	22 Arepas Plant-based protein Colombian pico de gallo Fruta fresca Water	23 Criolla salad Plant-based protein White rice Fresh fruit Water	24 Plant-based protein Green fruit salad Roasted potatoes Fresh fruit Water	25 Mexican Plant-based protein Corn tortilla Mixed vegetables Mexican flan Water
28 Plant-based protein Boiled rice	29 students choice Sushi rice Mixed vegetables	30 White rice Steamed vegetables		

Tips for a healthy dinner

Dinner should be a full meal, but a light one in order to promote good rest and contribute to adequate energy intake.

It will consist of a starter, main course and dessert.

It should complement the rest of the day's intake, which is why it should be made up of food groups which were not eaten at lunch:

If at lunch...

At dinner...

Starters

Rice/pasta, potatoes or pulses

Cooked or raw vegetables

Vegetables

Rice/pasta o potatoes

Main course

Meat (beef, pork, poultry)

Fish or eggs

Fish

Lean meat or egg

Egg

Fish or meat

Dessert

Fruit

Dairy product or fruit

Dairy product

Fruit

It's recommended to eat food that is not high in fat in order to sleep well afterwards.

Water should be the drink of choice as opposed to juice or soft drinks.

A balanced diet should be varied in order to make sure we have a good intake of all the nutrients.

It's advisable to eat fresh and seasonal food, favoring the consumption of fruit, vegetables and pulses.

It's important to eat between 4 and 5 meals a day, trying not to skip one of the most important meals: breakfast.

We can't forget to include physical exercise as the companion to a balanced diet.

In every menu, the kcal of an approximate average serving is indicated.



Cucumber salad
Fresh fruit
Water

Plant-based protein
Fresh fruit
Water

Plant-based protein
Fresh fruit
Water

